

Offices/Hours See Below

Unightly Toenail Fungus Needs Quick Treatment



Are your toenails less than picture-perfect? Are they thicker, warped or discolored? If "Yes," then you may have toenail fungus. Fungal nails are caused by an infection that enters through cracks in your nail or cuts in your skin.

Warm, damp toes are a perfect environment to grow fungus. Athletes like swimmers and surfers frequently develop toenail fungus because they spend so much time in the water. You may also be prone to this condition if you have diabetes, a weak immune system, or if you smoke.

If you have any of these symptoms, call us for an evaluation. During our examination we'll assess the extent of the infection to determine how best to treat it and send a sample to a lab for confirmation. Treatment options are:

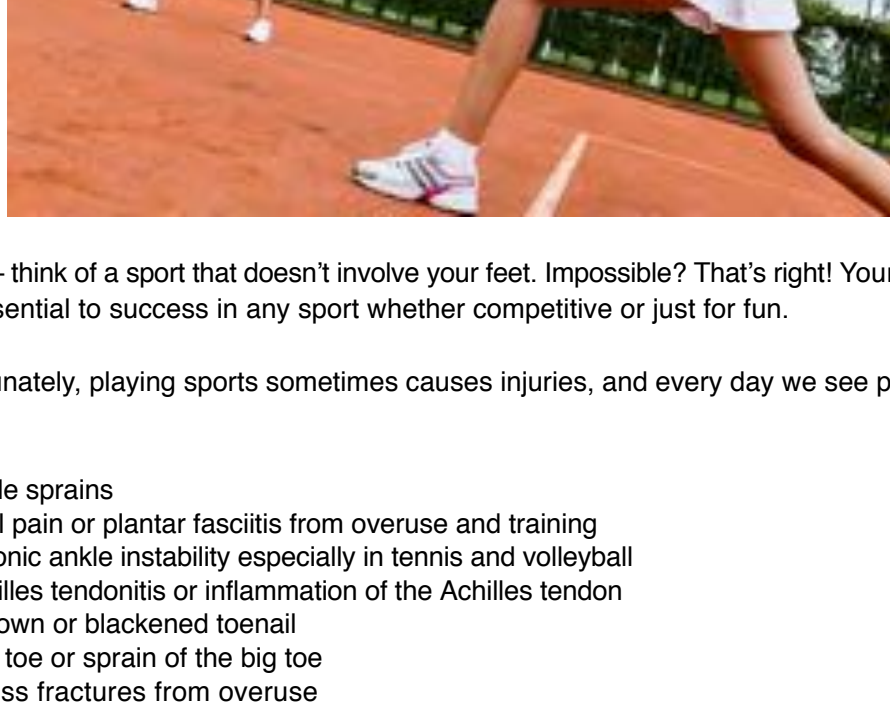
- A cream or lotion that is applied directly to the nail
- An antifungal oral prescription
- Removing part of the damaged skin or part or all of the nail

Keep Toes Clean and Dry to Prevent Toenail Fungus

- Wash feet often with soap and water and dry well.
- Don't cover unattractive toenails with polish – toenails need to breathe.
- Wear socks that wick away moisture and change them frequently.
- Choose shoes that let air circulate through like mesh, leather or canvas.
- Wear shower shoes in wet public places like a swimming pool.

Most important of all, keep an "eye" on your toes! Check them monthly for any changes in skin color and texture. Keeping "on your toes" can prevent toenail fungus!

Enjoy Sports but Avoid Injuries



Quick – think of a sport that doesn't involve your feet. Impossible? That's right! Your feet are essential to success in any sport whether competitive or just for fun.

Unfortunately, playing sports sometimes causes injuries, and every day we see patients with:

- Ankle sprains
- Heel pain or plantar fasciitis from overuse and training
- Chronic ankle instability especially in tennis and volleyball
- Achilles tendonitis or inflammation of the Achilles tendon
- Ingrown or blackened toenail
- Turf toe or sprain of the big toe
- Stress fractures from overuse
- Neuroma or pinched nerve especially between the toes

If you or a family member experiences a sports injury, call us! Our treatment approach includes consideration of your general physical condition and your activity goals. Most treatments can be completed here in our office.

Often we prescribe custom shoe inserts called orthotics that can relieve pain and correct any walking or posture issues. Orthotics will help during sporting activities as well.

Use Common Sense to Prevent Sports Injuries

It's not possible to eliminate all foot and ankle injuries, but these simple steps can reduce your risk:

- Always warm up and do a mild stretch – including feet and ankles.
- Choose stable shoes appropriate to each sport that fit properly and wear moisture-wicking socks.
- Wear all safety gear.
- Don't overdo it! Many injuries result from overuse.
- Run on flat surfaces that absorb shock like school or sports facility tracks and grass.
- Always cool down after activity.
- Don't keep playing through pain or an injury – call our office right away.

For Summer Fun

Barbecues with a Theme



Wow your family and friends this summer with these fun barbecue themes:

Beach. Whether at the shore or a city, you can create a relaxed beach atmosphere. Decorate the table with seashells and starfish and sprinkle with sand. Serve tropical-themed foods like grilled fruit and chicken skewers along with peach margaritas. Set out a small pool for kids to splash in. Music? The Beach Boys of course!

Mexican. Treat guests to south-of-the-border spiciness like chips and salsa and a taco bar with assorted grilled meats and fish. Make red and white sangria and decorate with red, white and green light strings. Don't forget vibrant banda, Tejano and salsa music. Hang up a candy-filled pinata for the kids.

Sports. Choose your favorite sport or team and go with it! Set up sports-themed decorations and even team banners. Serve hot dogs with all the fixings, chicken fingers and chili along with beer and lemonade. Set out assorted bats and balls for kid-friendly fun. Find a recording of "Take Me Out to the Balgame" and surprise everyone with a seventh inning stretch.

Elvis. Recreate the 50's with a barbecue celebrating The King. Play all his oldies but goodies and even show his movies on a portable DVD player! Keep food choices all-American like burgers, hot dogs and milkshakes, but be sure to try a bite of his favorite fried banana and peanut butter sandwiches. Decorate with plastic records, hot rods and combs, and ask guests to come suited up for 50's fun.

Recipe of the Month

Spicy Turkey Burger



Ingredients:

- 2 pounds lean ground turkey
- 2 tablespoons minced garlic
- 1 teaspoon minced fresh ginger root
- 2 fresh green chile peppers, diced
- 1 medium red onion, diced
- ½ cup fresh cilantro, finely chopped
- 1 teaspoon salt
- ¼ cup low sodium soy sauce
- 1 tablespoon freshly ground black pepper
- 3 tablespoons paprika
- 1 tablespoon ground dry mustard
- 1 tablespoon ground cumin
- 1 dash Worcestershire sauce

Directions:

1. Preheat the grill for high heat.
2. In a bowl, mix the ground turkey, garlic, ginger, chile peppers, red onion, cilantro, salt, soy sauce, black pepper, paprika, mustard, cumin, and Worcestershire sauce. Form the mixture into 8 burger patties.
3. Lightly oil the grill grate. Place turkey burgers on the grill, and cook 5 to 10 minutes per side, until well done

Recipe courtesy of allrecipes.com

Just for Fun – 9 Scary Facts



Here's a list of things that are more dangerous than the things you probably DO fear!

1. More people die from falling out of bed than falling from a roller coaster.
2. More people are fatally attacked by cows than by bears.
3. A rip current will get you before a shark does.
4. Disney World is responsible for more deaths than Florida alligators.
5. Summer heat causes more fatalities than lightning strikes.
6. You should worry more about wind chill than tornadoes.
7. Food poisons more people than carbon monoxide.
8. Binge drinking kills more people than all other drugs combined.
9. The biggest killer on the planet is...the mosquito!

Trivia:

1. **How many steps does the average toddler take in a minute?**

- A. 1,000 steps
- B. 176 steps
- C. 500 steps
- D. 250 steps

Answer: B. 176 steps

History FootNote

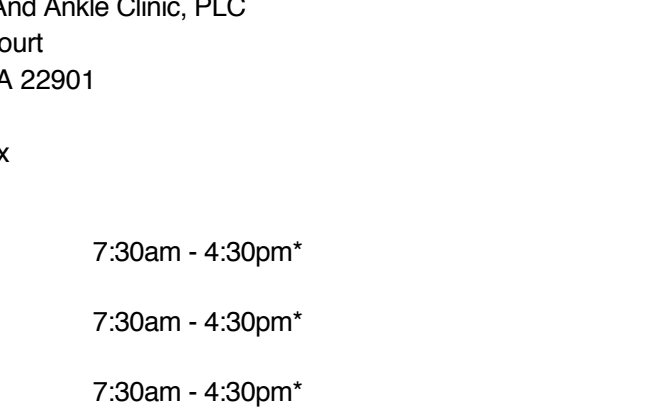
Hippocrates developed a foot scraper in ancient Greece to remove corns and calluses. It was the origin of today's surgical scalpels.

Celebrity Foot Focus



Audrey Hepburn did not like the size of her feet – her trademark ballet slipper shoes were size 10 ½.

Meet our Doctors



DR. KEVIN P. MURRAY DR. STEWART M. CHANG

Our Offices and Hours

CHARLOTTESVILLE OFFICE
Blue Ridge Foot And Ankle Clinic, PLC
887 A Rio East Court
Charlottesville, VA 22901
434-979-8116
434-979-8880 fax

Monday: 7:30am - 4:30pm*
Tuesday: 7:30am - 4:30pm*
Wednesday: 7:30am - 4:30pm*
Thursday: 7:30am - 4:30pm*
Friday: 7:30am - 4:30pm*
Saturday: Closed
Sunday: Closed

* Closed for lunch 12pm - 1pm
Monday - Friday

FISHERSVILLE
Blue Ridge Foot And Ankle Clinic, PLC
66 Parkway Ln #102
Fishersville, VA 22939
540-949-5150
540-932-8535 fax

Monday: 7:30am – 4:30pm*
Tuesday: 7:30am – 4:30pm*
Wednesday: 7:30am – 4:30pm*
Thursday: 7:30am – 4:30pm*
Friday: 7:30am – 12:30am
Saturday: Closed
Sunday: Closed

* Closed for lunch 1pm - 2pm
Monday - Thursday